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Tom McGrath, right, stands beside his training partner Chris Stone at the end of the Boston Marathon on Monday. McGrath was the first Canadian to cross the finish line. For more on the marathon, see page 6. CONTRIBUTED

Local runner the first Canadian to finish in Boston

Boston Marathon. Fearless crowds flock to race a year after horrific bombing

RYAN TUMILTY
ryan.tumilty@metronews.ca

As Boston lifted its spirits with the city's 118th annual marathon, Edmontonian Tom McGrath upped his game to be the first Canadian to cross the finish line.

McGrath finished the historic marathon at 2:30:24, just a little shy of the two and half hour mark he was aiming for.

"If only I had had 25 more seconds in me," he said from Boston Monday.

McGrath's time was good

enough for him to finish as the top Canadian, which he said he hasn't achieved in any of his numerous other major marathons.

"It has been one of those things on my bucket list to do, so it's nice to finally get one," he said.

McGrath — who is sponsored by the Running Room — ran the course in 2013 and said the city has rebounded completely from last year's bombings.

"I was here last year and it felt a lot like the Boston Marathon, it was just kind of the same as it always is," he said.

McGrath said the one big difference this year was the support along the course.

"This was my third time running Boston and it was incredible how many people were out in every little town," he said.

118th year

"This was my third time running Boston and it was incredible how many people were out in every little town."

Edmontonian Tom McGrath, on the crowds that lined the Boston Marathon course.

He said during the 2013 race he contemplated not coming back to Boston, because he struggled to put up a good time and felt it might be better to try a different city's course.

After the bombing and the way Boston rallied around runners, he decided there was no way he couldn't complete the course again.

"I knew there was no way I couldn't come back here."

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Development

Firm has interest in lands near Galleria

The construction firm encouraging the city to move ahead quickly on a new pedway to the proposed Galleria project have a stake in the land next door.

Ledcor Construction, who are building the Royal Alberta Museum, have previously encouraged council to swiftly approve a pedway to the proposed Galleria, citing construction time pressures related to the museum.

The proposed tunnel would run from Churchill LRT station, under the museum property. Ledcor vice-president Bob Walker has told councillors the decision needs to be made soon.

Walker confirmed Ledcor has an interest in Qualico's Station Lands development, just north of the new museum, but insisted the two issues are unrelated.

"We have a company called Ledcor Properties that gets involved with some of our long-term companies as an investor, but the construction company doesn't have anything to do with the Properties division," he said.

Last week, council passed a motion committing the city to the project, but only if landowners north of the museum and Galleria share part of the cost. Coun. Andrew Knack said he only recently became aware of Ledcor's interest and said he would like to have more information out in public about the project.

"I think that would help make sure that all interested parties are part of this project and putting in the right investment to it," he said. **RYAN TUMILTY/METRO**



The City of Vancouver's 'Keys to the Streets' had a lot of success with their free public pianos, something local organizers hope to replicate in Edmonton.
COURTESY OF CITYSTUDIO VANCOUVER

City parks to house pianos for public

Keys to success. Pianos placed around city meant to engage people online and in person

One new Edmontonian believes the key to an animated downtown Edmonton is at the city's fingertips, something he's spearheading in a new city-wide project.

Using four pianos, Chicago-native David Rauch wants to give Edmontonians the chance to show off their best piano

skills by allowing people to play the musical instruments for free at different locations.

"It's about experimenting in public places," he said.

Youth will get to decorate and paint the donated pianos as part of OpenPianoYEG, and they will be on display for just shy of two months.

To keep the music alive, Rauch also plans to bring the music played at one of the pianos recorded and posted on social media sites, pending donations in a soon-to-be-posted Kickstarter campaign, said Rauch.

The pianos will be placed

At a glance

- All the pianos will have a social media account for Twitter, YouTube, and a website posted on them.
- Pianos will be decorated by local youth.

Vancouver and Toronto had already held free piano campaigns placed in public areas, with citizens of all ages taking to tickling the ivories.

Social media engagement is a large part of the OpenPianoYEG, with people encouraged to upload their photos and videos to social media sites like Twitter and Facebook.

The pianos will be locked and closed at night as well as protected from the elements, according to Rauch, who started a Make Something Edmonton campaign for the musical project.

STEPHANIE DUBOIS/METRO

at the CKUA building, Beaver Hills House Park, Dr. Wilbert McIntyre Park and Giovanni Caboto Park starting on May 2 and are expected to be outside until fall for all to enjoy.

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Three stabbing victims laid to rest in Calgary

Tears, smiles and fond memories. Funerals held for Jordan Segura, Kaiti Perras, Josh Hunter

One was remembered as a wonderful friend who was always ready with a compliment; another as a tiny dancer with huge courage. The third was a skilled drummer who exemplified the statement "all is good."

Three young people were remembered at funerals in Calgary on Monday — all victims in the worst mass murder in the city's history.

Jordan Segura, Kaiti Perras and Josh Hunter were stabbed to death along with Zackariah Rathwell and Lawrence Hong at a house party April 15. A fellow party-goer, Matthew de Grood, has been charged with five counts of first-degree murder.

Segura's funeral was the first. The 22-year-old was in religious studies at the University of Calgary and had worked for the past year at McInnis and

Holloway, the funeral home where the service was held.

Longtime friend Jayda Shreenan reassured more than 300 mourners that the university student wasn't alone when he died — he was surrounded by those who loved him.

"Myself and a couple of friends were with him right at the end," said Shreenan.

Mourners heard Segura had two tattoos — one of his grandfather's favourite car and another showing a red heart with "mom" written through it.

The funeral for Perras came next. Her family had encouraged mourners to don "colourful attire." There was overwhelming grief but also laughter as the 23-year-old was remembered as a dancer, artist and confidante.

Dance instructor Shannon Hearn said Perras was an integral part of the Counterpart Dance Academy. Hearn said Perras's graciousness made her an exceptional human being.

Two trees will be planted in memory of Perras at a Calgary park, and a dance scholarship has been started in her name.



Pallbearers carry the casket of stabbing victim Kaiti Perras to the hearse on Monday. MIKE RIDWOOD/THE CANADIAN PRESS

Mourners at Hunter's funeral heard of Hunter's all-encompassing love of music and his wide-open nature.

"He permitted access to anyone who showed interest. He exposed himself but he wasn't vulnerable," said family

friend Peter Gammell.

"He would hang with little children as if they were his old friends. If he was going to a movie with his buddies, he wouldn't hesitate to include his parents. Who does that?"

"He knew exactly who he

was. He stood on the distant horizon that many of us gaze at longingly."

A funeral for Rathwell was to be held Tuesday and a service for Hong is scheduled for Wednesday.

CHQR/THE CANADIAN PRESS

Sylvan Lake

Longboarders hurt in accident

Two men were treated for injuries after their longboards hit loose gravel on Sunday in Sylvan Lake.

Witnesses say three men were on their boards travelling down a hill at "a high rate of speed," police stated in a media release.

One of the men suffered a severe head injury and required emergency transport to the Foothills Hospital in Calgary by way of air ambulance.

The second man suffered less severe injuries.

METRO

Anthony Henday

Hate Crimes Unit investigates blazing swastika

The Edmonton Police Hate Crime Unit is investigating after a large swastika was found burning in the city early Monday morning.

Drivers spotted the symbol on the Anthony Henday near Rabbit Hill Road around 1 a.m., said Staff Sgt. Chris Epler.

Epler said the fire was swiftly extinguished.

METRO

Women's committee sees flood of applicants



Coun. Bev Esslinger CONTRIBUTED

Edmonton's women are lining up to have their voices heard at city hall.

The city's new women's advisory committee, which councillors created earlier this year, has had almost 150 applicants for just 15 spots.

Coun. Bev Esslinger said she has been delighted to see

so many women interested in taking part.

"It's a great response. We are very pleased with that," she said. "I think it reflects an interest to ensure that women's voices are heard."

Esslinger hopes the committee will tackle a wide range of issues that are im-

portant to making the city more responsive to women.

Applicant and YWCA CEO Jacqueline Foord said she sees a number of areas, from safety to poverty to childcare, where the committee could be helpful.

"It could be something as simple as where do you put

Committee seats

15

There will be 15 seats on the new women's advisory committee.

a light near a bus stop," she

said.

Foord said the number of applicants is a good sign people are engaged.

"They are actively deciding to take a hand, take a role in making the city a better place for women to live," she said.

RYAN TUMILTY/METRO



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Jane's Ride coming to Edmonton streets

Instructional ride.
Bike tour aims to get people talking bike infrastructure



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

History, architecture and bikes will all be combined for the city's first Jane's Ride on two wheels.

As one of 15 events planned during the weekend starting May 2, the

city's bike tour aims to show the city's good, bad and ugly bike infrastructure, all while on a bicycle.

"I believe cycling makes cities better. Our ride is a combination of urban history, architecture and cycling infrastructure. We hope it's more of a conversation," said Derek Yau, who will lead the May 3 event.

Starting at the front steps of the Alberta Legislature building, the tour will visit 13 spots around the city while outlining some of Edmonton's best and worst bike infrastructure to get people

Quoted

"I believe cycling makes cities better. Our ride is a combination of urban history, architecture and cycling infrastructure. We hope it's more of a conversation."

Derek Yau, who will lead Jane's Ride

talking and ideas flowing on cycling in the city, according to organizers.

Other Jane's Walk events

around the city include tours in Oliver and Glenora and in the city's pedway system.

Held in cities around the world, the weekend long celebrations were started after the death of urban planning enthusiast Jane Jacobs led friends to memorialize the efforts and enthusiasm of urban planning Jacobs had, according to the event's website.

All events in Edmonton are free and cyclists and non-cyclists are welcomed to the May 3 Jane's Ride starting at 11 a.m.



David Holdsworth, heritage planner for the City of Edmonton, explains the history behind the building that currently houses the EPS Recruitment Centre, which used to be the City Market, during the inaugural Jane's Walk in Edmonton in 2012. METRO FILE

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Dog saved in morning ice rescue

A dog is still recovering after an early-morning rescue on a man-made lake at 59 Street and 159 Avenue Monday.

A passerby spotted the dog, a Lab-cross, stranded on the ice around 6 a.m. Monday, and called Edmonton Fire Services to help save the animal.

The initial call reported two dogs stranded on the ice, but Edmonton fire spokesperson Jill McKenzie declined to com-

'Doing well'

The dog has no signs of injuries and is "doing well," according to Keith Scott, coordinator of animal control.

ment on the other dog.

Described as "shaken up," the rescued Lab-cross was offered meat with a sedative in

hopes of rescuing it off the icy surface but city officials say the dog "was not interested in eating."

The pooch was cornered and brought onto solid ground at around noon, five hours after the first call was placed.

"The reason why fire was there for so long was to ensure citizens didn't try and go out to rescue the dog and that the dog was OK," said McKenzie.

Attempts made by Edmonton Animal Control to reach the owners have been unsuccessful so far but staff are thankful for the dog's identification.

"Thanks to the city's new licensing website, the multiple contacts on file will enable us to reach out to the owners," said Keith Scott, co-ordinator of animal control.

STEPHANIE DUBOIS/METRO

Warning. Potential flooding in Edmonton and Calgary

Forecasters are projecting up to 50 millimetres of rain could fall in Alberta later this week, prompting warnings of potential flooding in Calgary, Edmonton and elsewhere.

The projection comes Monday from AccuWeather.com, which says it's expecting a storm "ejecting" out of the Rocky Mountains will bring

heavy rain across the Prairies Wednesday. The warning also included major centres in Saskatchewan and Manitoba.

"Fortunately, this event does not look as significant as June 2013 when major flooding forced evacuations of thousands of people in the Calgary area," AccuWeather said.

METRO

Boston shows its strength as thousands run the marathon

Resilience. Nearly 36,000 participate, including many kept from the finish line last year by the bombing that left three dead

Under heavy security that included surveillance cameras and police on rooftops, nearly 36,000 runners hit the streets Monday in the first Boston Marathon since last year's deadly bombing, sending a powerful message of resilience.

In what some saw as altogether fitting, an American won the men's division for the first time in more than 30 years, dominating a field that included many athletes who were prevented from completing the race last year.

The two pressure-cooker bombs that went off near the end of the course last year killed three and wounded more than 260 in a hellish spectacle of torn limbs, smoke and broken glass.

This year, police were

Unstoppable

"I showed up, I'm back, and I am going to finish what I didn't finish last year."

50-year-old Mary Cunningham, who was stopped a mile short of finishing last year's Boston Marathon by the deadly explosions.

deployed in force along the route, with helicopters circling above and bomb-sniffing dogs checking trash cans.

A total of 35,755 athletes were registered to run, the second-largest field in its history, with many coming to show support for the city and its signature sporting event. "Boston Strong" — the unofficial slogan adopted after the terrorist attack — was everywhere.

"I think I'm going to start crying at the starting line, and I'm not sure I'll stop until I cross the finish line," said Katie O'Donnell, a doctor who was stopped less than a mile from the end last year.

At 2:49 p.m., the time the bombs went off, spectators observed a moment of silence



Boston Marathon husband and wife bombing survivors Patrick Downes and Jessica Kensky, who each lost a leg in last year's attack, roll across the finish line in the 118th Boston Marathon Monday. ELISE AMENDOLA/THE ASSOCIATED PRESS

at the finish line. It was followed by some of the loudest cheers of the day as people

whooped, clapped and rang cowbells.

American Meb Keflezighi,

who had the names of last year's victims written on the corners of his race bib, won



Meb Keflezighi of San Diego wins at the Boston Marathon on Monday. CHARLES KRUPA/THE ASSOCIATED PRESS



Kenya's Rita Jeptoo wins the women's division of Monday's Boston Marathon. CHARLES KRUPA/THE ASSOCIATED PRESS

the men's title in two hours, eight minutes, 37 seconds.

THE ASSOCIATED PRESS

Sit back, relax — and open up a packet of powdered booze?

How's this for a revolutionary invention: turn a glass of water into rum by stirring in a packet of powdered alcohol.

Crazy? Not with Palcohol, a new product that claims to pack the punch of hard liquor in fine powder form. Just add it

to any food or liquid and presto: instant alcohol.

It's not on store shelves yet, but Palcohol has already cleared several regulatory hurdles in the U.S.: This month, the U.S. Alcohol and Tobacco Tax and Trade Bureau approved

package labels for the product.

"I thought maybe it was some sort of weird oversight or miscalculation," said Robert C. Lehrman, an attorney specializing in the regulation of alcoholic beverages, who said he has never seen anything like it.

According to the product's website, Palcohol was created by Mark Phillips, an Arizona man who wanted a portable form of alcohol for camping trips. Lehrman said he spoke to Phillips after learning about the label approval.

"He said he was working with the government for many years to get this approved," Lehrman said.

But don't expect to find Palcohol at your local liquor store any time soon. Lehrman cautioned that Phillips will have to

clear other hurdles.

"I would expect that they would be quite cautious about this," he said. "If you're making a lot of money selling Johnny Walker Blue or Heineken, do you really want to rock the boat with this?" TORSTAR NEWS SERVICE

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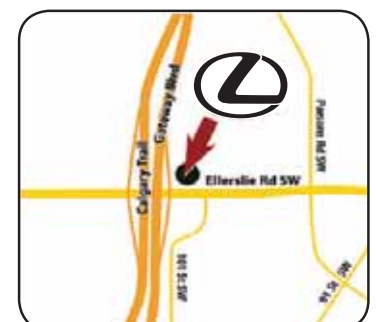
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Three decades on the run. Fugitive finally captured in Texas

A disabled 78-year-old church deacon living quietly in Texas was arrested Monday by federal agents who said he committed a murder 33 years ago and 2,092 kilometres away.

Authorities say Joseph Lewis Miller fled Pennsylvania after shooting a man in a parking lot outside a hotel in 1981.

He was charged with murder and three other felonies, but the case remained unsolved for three decades until investigators translated a previous tip that Miller had been living in Mexico under an alias — the name of a deceased cousin.

The U.S. Marshals Service in Harrisburg, Pennsylvania, traced that name to rural Mineola, Texas, a town of 4,500 people. Miller confessed to the shooting shortly after his arrest, authorities said.

People in Mineola knew

Miller as Roy Eubanks, a former employee of the local paper plant who was collecting disability cheques and walked with a cane. He married at least twice in Texas, most recently in 2010. His wife told The Associated Press on Monday that he had said he killed someone in "the accident that happened" many years ago.

According to U.S. Marshals, Miller was charged in the 1981 death of Thomas Waller in Harrisburg, Pa. The Patriot-News reported that Waller was found inside his car with a gunshot wound to his head. That was the second time Miller was accused of murder.

He pleaded guilty in 1959 to killing a Harrisburg man and was given life in prison — a sentence commuted in 1971 by former Pennsylvania governor Raymond P. Shafer.

THE ASSOCIATED PRESS

Sherpas consider boycott after Everest avalanche

Nepalese mountain guides. 13 were killed and three are missing and presumed dead

Buddhist monks cremated the remains of Sherpa guides who were buried in the deadliest avalanche to hit Mount Everest, a disaster that has prompted calls for a climbing boycott by Nepal's ethnic Sherpa community.

A Sherpa boycott could critically disrupt the Everest climbing season, which is key to the livelihood of thousands of Nepali guides and porters. Everest climbers have long relied on Sherpas for everything from hauling gear to cooking food to high-altitude guiding.

At least 13 Sherpas were killed when a block of ice tore loose from the mountain and triggered a cascade that ripped through teams of guides hauling gear. Three Sherpas missing in Friday's avalanche are presumed dead.

"Right now, I can't even



Daughter of Nepalese mountaineer Ang Kaji Sherpa, killed in an avalanche on Mount Everest, cries as her father's body is brought to the Sherpa Monastery in Katmandu, Nepal. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

think of going back to the mountain," said Tashi Dorje, whose cousin was killed. "We have not just lost our family members, but it is a loss for the whole mountaineering community and the country."

Hundreds of people lined the streets of Nepal's capital, Kathmandu, on Monday as the bodies of six of the victims were driven in open trucks decorated with Buddhist flags.

During the cremation

ceremony, dozens of nuns chanted for the victims' souls to be released as the bodies were covered in pine branches. A daughter of one of the climbers fainted and was taken to the hospital.

THE ASSOCIATED PRESS

Air Canada

Two baggage handlers face termination

Two Air Canada baggage handlers set to lose their jobs over a video showing bags being dropped several metres into a bin on the ground were working under intense pressure to move the items quickly, their union said Monday.

A spokesman for the union said when there's no more room for carry-on luggage inside a plane, handlers are forced to take the rest outside in a rush to be stowed elsewhere so the flight isn't delayed. THE CANADIAN PRESS

Utah

Man shot dead by marshal while attacking witness

The FBI says a defendant has died after being shot by a U.S. marshal during an attack on a witness during a trial in federal court in Salt Lake City.

The FBI said 25-year-old Siale Angilau died Monday at a hospital. The agency says Angilau was shot in the chest as he rushed the witness with a pen in an aggressive, threatening manner. Authorities said Angilau was shot several times in front of a jury that had been selected on Friday.

THE ASSOCIATED PRESS

Parents say 234 girls missing after Nigerian school attacked by extremists

Some 234 girls are missing from the northeast Nigerian school attacked last week by Islamic extremists, significantly more than the 85 reported by education officials, parents told the state governor Monday.

The higher figure came out a week after the kidnappings when the Borno state governor insisted a military escort take him to the town. Parents told the governor that officials would not listen to them when they drew up

their list of names of missing children and the total reached 234.

The discrepancy in the figures could not immediately be resolved.

Security officials had warned Gov. Kashim Shettima

that it was too dangerous for him to drive to Chibok, 130 kilometres from Maiduguri, the Borno state capital and birthplace of the Boko Haram terrorist network blamed for the abductions.

THE ASSOCIATED PRESS


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FBI official: Teen is 'lucky to be alive'



A 16-year-old boy, who stowed away in the wheel well of a flight from San Jose, Calif., to Maui, is loaded into an ambulance. CHRIS SUGIDONO/THE ASSOCIATED PRESS

Stowaway teen. The boy ran away from home and boarded a Hawaiian Airlines plane without detection

Officials say a 16-year-old boy is "lucky to be alive" and unharmed after flying from California to Hawaii stowed away in a plane's wheel well, surviving cold temperatures at 38,000 feet and a lack of oxygen.

FBI spokesman Tom Simon said the boy doesn't even remember the flight. "Kid's lucky to be alive," Simon said.

The boy was questioned by

the FBI after being discovered on the tarmac at the Maui airport Sunday morning with no identification, Simon said.

Simon said security footage from the San Jose airport verified that the boy from Santa Clara, Calif., hopped a fence to get to Hawaiian Airlines Flight 45 on Sunday morning.

He had run away from his family after an argument, Simon said. Simon said when the Boeing 767 landed, the boy hopped down from the wheel well and started wandering around the airport.

"He was unconscious for the lion's share of the flight," Simon said. The flight lasted about 5 1/2 hours.

Hawaiian Airlines spokes-

woman Alison Croyle said airline personnel noticed the boy on the ramp after the flight arrived and notified security.

"Our primary concern now is for the well-being of the boy," Croyle said. Simon said the boy was medically screened and found to be unharmed.

His misadventure raised several security questions.

Rep. Eric Swalwell, a Democrat who represents the San Francisco Bay Area's eastern cities, said that the incident "demonstrates vulnerabilities" in the airport security systems.

The boy was released to child protective services and not charged with a crime, Simon said.

THE ASSOCIATED PRESS

Pollsters told to drop questions from survey

The Finance Department has ordered its pollsters to stop asking Canadians potentially embarrassing questions about Economic Action Plan advertising.

In 10 public opinion surveys since 2009, Canadians were asked whether they took any action as a result of seeing ads placed with newspapers, TV, radio and the Internet on the benefits of the Economic Action Plan.

Results have been in sharp decline in recent years, with a tiny fraction of those polled in 2013 saying they visited the EAP website or called a toll-free

number, as the ads urge.

And so the Finance Department now has eliminated the question altogether, along with three other questions that asked Canadians to rate the government's performance. There, too, the numbers had been dropping to new lows.

The Finance Department paid pollster Harris Decima almost \$31,000 to conduct a truncated survey of 2,000 Canadians in early November about their reactions to a pair of 30-second TV ads and two radio ads.

The ads' content was described in detail to respond-

ents, but as few as 13 per cent recalled seeing or hearing the ads, which ran between Oct. 7 and Nov. 3.

No data was collected on any actions respondents took in response to the ads, or their rating of the government's performance, as the questions were quietly dropped.

The opposition parties have called the ads thinly disguised propaganda. Editorials at major news organizations have said the ads are designed to promote the Conservative party with public money.

THE CANADIAN PRESS

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Poll. Many in U.S. skeptics on Big Bang, evolution

Few Americans question that smoking causes cancer. But they have more skepticism than confidence in global warming, the age of the Earth and evolution and have the most trouble believing a Big Bang created the universe 13.8 billion years ago, an Associated Press-GfK poll found.

Rather than quizzing scientific knowledge, the survey asked people to rate

their confidence in several statements about science and medicine.

On some, there's broad acceptance. Just four per cent doubt that smoking causes cancer, six per cent question whether mental illness is a medical condition that affects the brain and eight per cent are skeptical there's a genetic code inside our cells. More — 15 per cent — have doubts about the safety and

efficacy of childhood vaccines.

But 40 per cent say they are not too confident or outright disbelieve that the Earth is warming, mostly a result of man-made heat-trapping gases, that the Earth is 4.5 billion years old or that life on Earth evolved through a process of natural selection. A narrow majority — 51 per cent — questioned the Big Bang theory.

Confidence in evolution, the Big Bang, the age of the Earth and climate change decline sharply as faith in a supreme being rises, according to the poll.

Likewise, those who regularly attend religious services or are evangelical Christians express much greater doubts about scientific concepts they may see as contradictory to their faith.

THE ASSOCIATED PRESS



Barack and Michelle Obama host

U.S. President Barack Obama and first lady Michelle Obama cheer as thousands of White House in Washington, Monday. The event's theme was "Hop into Healthy, to the egg roll, sports and storytelling. CAROLYN KASTER/THE ASSOCIATED PRESS

Parents in New why tests have

Product placement?

New York education officials say brand references on tests just happened to be in passages selected

about being a risk taker and included the line, "Just Do It is a registered trademark of Nike," according to students who took the test.

Sam Pirozzolo, of Staten Island, whose fifth-grader encountered the Nike question, said there was apparently no reason for such a specific brand. "I'm sure they could have used a historical figure who took risks and invented things," Pirozzolo said. "I'm sure they could have found something other than Nike to express their point."

Deborah Poppe, of West Hempstead, Long Island, said her eighth-grade son was similarly puzzled by a question, which drew complaints for a second straight year, about a busboy who failed to clean some spilled root beer — Mug Root Beer, to be exact, a registered trademark of PepsiCo.

The use of brand names was one of several complaints raised by some educators and parents about the statewide tests. While general complaints about Common Core tests have arisen elsewhere, advocates said the prevalence of brand names appears to be

Just Do It has been a familiar Nike slogan for years, but some parents are wondering what it was doing on some of New York's Common Core standardized English tests.

Brands including Barbie, iPod, Mug Root Beer and Life Savers showed up on the tests more than a million students in Grades 3 through 8 took this month, leading to speculation it was some form of product placement advertising.

The test questions have not been made public, and teachers and principals are barred from discussing them. But teachers posting anonymously on education blogs have complained that students were confused by the brand names, which were accompanied by trademark symbols.

The Nike question was

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annual Easter Egg Roll

children gathered for the 136th annual Easter Egg Roll on the South Lawn of the White House. The event featured live music, yoga and obstacle courses in addition to the egg rolling.

York question brand names

Quoted

"Education, religion and civic life are places where brands are unwelcome ... It would be wise for Pearson to avoid using brands in their testing even if they're not paid for by the brand itself."

Kelly O'Keefe, marketing professor at Virginia Commonwealth University, who said that while he is a fan of brands, there are places where they don't belong.

specific to New York.

Representatives of the New York State Education Department and Pearson, the education publishing giant with a \$32 million US five-year contract to develop New York's tests, said the companies did not pay for the exposure.

"There are no product placement deals between us, Pearson or anyone else," said Tom Dunn, an Education Department spokesman. "We use authentic texts. If the author chose to use a brand name in the original, we don't edit."

Pearson spokeswoman Stacy Skelly said neither the company nor the education department received any compensation for the mentions. Nike and Wrigley, the maker of Life Savers, said they were unaware they were mentioned

on the tests.

Some advertising experts said the idea of product placement on a test is inappropriate and fraught with peril. "If any brand did try to place there, what they would lose from the outrage would surely trump any exposure they got," said Michal Ann Strahilevitz, a marketing professor at Golden Gate University.

Others endorsed the position of New York state educators — that brand names belong on the tests because they are part of the world students inhabit. "Brands are part of our lives," said Allen Adamson, managing director of the New York brand consulting firm Landor Associates. "To say they don't belong in academia is unrealistic."

THE ASSOCIATED PRESS

Mexico

Spat over food labelling gets bitter over sugar

Mexico's new food labelling rules were supposed to help fight an obesity epidemic, but activists and experts said Monday they may actually encourage the public to consume high levels of sugar.

The rules list the

amount of sugar and other contents as a per cent of recommended daily intakes. But the labels assume that an average acceptable daily intake of sugar is about 360 calories, equivalent to about 90 grams of sugar. The World Health Organization has proposed a sugar intake of as little as 100 calories or about 25 grams per day.

THE ASSOCIATED PRESS

Boy Scouts of America

Church can't host troop because of gay leader

The Boys Scouts of America has revoked the charter of a Seattle church because it allowed a gay adult to continue leading a troop.

Rainier Beach United Methodist Church has stood by Geoff McGrath. His membership in the Scouts

was revoked last month after officials learned of his sexual orientation. The Rev. Monica Corsaro said her church is inclusive of all people, and has obtained legal counsel to evaluate its options.

The Boy Scouts began accepting gay youth this year but has continued to exclude openly gay adults from leadership positions.

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Families await grim news as Sewol ferry death toll rises

South Korea. After the bodies are pulled from the water, authorities try to identify the victims

Lee Byung-soo says he knew, when he saw his 15-year-old son's body in the tent. It could not have been more horrifically obvious. But he wanted so much for him to be alive.

"Stop sleeping!" the truck driver yelled as he hugged Lee Seok-joon. "Why are you sleeping so much? Daddy will save you!"

He pumped his son's chest and blew into his mouth to try to resuscitate him.

This is the kind of heart-break that awaits the families of about 220 people still missing from the submerged ferry Sewol, or at least those whose relatives' bodies are ultimately recovered.

The pace of recovering bod-

ies has accelerated in recent days, since divers finally succeeded in entering the vessel. There were 86 confirmed fatalities as of Monday night.

After the bodies are pulled from the water, police and doctors look for forms of ID and take notes on the body's appearance, clothing and any identifying physical marks, said a Health Ministry official who spoke on condition of anonymity.

Lee Seok-joon arrived as Body No. 41. The sight of his son brought Lee to his knees. He later lashed out at a military doctor who was in the room removing Lee's son's clothes. "Don't touch my son!" he said. "He's still alive!"

Lee said Monday, as he escorted his son's body home by ambulance, that his right eye had completely decayed.

The captain of the ferry, Lee Joon-seok, first told passengers to stay in their rooms and waited more than half an hour



A relative of a passenger aboard the sunken ferry Sewol shouts the name of her missing family member as she waits for their return at a port in Jindo, South Korea. AHN YOUNG-JOON/THE ASSOCIATED PRESS

to issue an evacuation order as the Sewol sank.

President Park Geun-hye called the captain's actions "unfathomable." Park said the

captain and some crew members told passengers to stay put while they themselves escaped.

Lee, 68, and two crew members have been arrested.

The search effort on Monday included than 200 rescue boats, 35 aircraft, 13 fishing boats and 641 personnel.

THE ASSOCIATED PRESS

Jindo island



Lighting candles for the victims. YONHAP/THE ASSOCIATED PRESS

Identifying the bodies

The bodies are transported to Jindo island, as rescuers notify families waiting at the port, or at a gymnasium where many are sheltering. Bodies without IDs are described to officials in Jindo who relay the details to the relatives.

At the dock, bodies are taken to a white tent for another inspection, then transported to another tent. A coroner there cleans up the bodies, mostly to wipe off oil and dirt and straighten limbs.

Only two pieces of news are delivered here: your loved one is dead, or still missing. THE ASSOCIATED PRESS



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Rewards early adopters. Netflix newcomers to pay about a toonie more

Netflix is preparing a sequel unlikely to be a hit with its subscribers. The Internet video service is about to raise its prices for the first time in three years to help pay for more Internet video programming such as its popular political drama House of Cards.

The increase, to take place sometime before July, will hike prices by \$1 or \$2 US per month for new customers. The company's nearly 36 million current subscribers will continue to pay \$8 per month for at least the next year, Netflix CEO Reed Hastings said in a Monday interview.

Netflix announced the looming price increase as part of a solid first-quarter earnings report.

ings report.

Financial pressures have been mounting on Netflix as it grapples with the rising costs of licensing compelling video for its service. The company has been spending more to compete against traditional cable-TV channels such as HBO and Showtime, as well as technology companies such as Amazon.com Inc., Hulu.com, Microsoft Corp. and Yahoo Inc., which are planning to buy more Internet video programming from Hollywood studios.

"I think they need to raise the price to remain profitable," Wedbush Securities analyst Michael Pachter said of Netflix. **THE ASSOCIATED PRESS**

AT&T in America

It's GigaPower to the rescue via super-fast Internet

AT&T plans a major expansion of super-fast Internet services in the U.S. to cover as many as 100 municipalities in 25 metropolitan areas.

The service, called GigaPower, has a one gigabit per second speed that is about 100 times what U.S. consumers typically get with broadband. That means faster video downloads and the ability for more devices to connect to the network without congestion.

THE ASSOCIATED PRESS

The environment

Apple goes green, with free recycling of used products

Apple is offering free recycling of all its used products and vowing to power all of its stores, offices and data centres with renewable energy to reduce the pollution caused by its devices and online services.

The iPhone and iPad maker is detailing its efforts to cultivate a greener Apple Inc. in an environmental section on the company's website that debuted Monday.

THE ASSOCIATED PRESS

Market Minute



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FarmersOnly sows seeds of love via dating website



Chelsea and Daniel Seitz pose at their wedding on Sept. 28, 2013, in Pierson, Man. An online dating site called FarmersOnly promised to steer him clear of city slicker singles. **CHRIS JONES/THE CANADIAN PRESS/HANDOUT**

Yee Haw! Online site helps farmers find fellow cowboy-boot wearers to knock boots with ... and to live happily ever after with home on the range

Daniel Seitz was at home on his family's farm in southeastern Saskatchewan, watching a TV agriculture report, when an ad popped up on the screen and tugged at his lonely heart.

An online dating site called FarmersOnly promised to steer him clear of city slicker singles and hook him up with potential partners looking for a man just like him, one comfortable in cowboy boots and living life

Selling the simple life

"City folk just don't get it."

A FarmersOnly ad slogan

on the land.

Two years later, the 27-year-old electrician and cattle farmer is newly married to a horse-riding farm girl who won him over with her smile, with a four-year-old step-daughter and a new baby on the way.

It's an online love story that FarmersOnly founder, Jerry Miller, is hoping to see more of in Canada.

Miller was doing agricultural marketing when he came up with the idea for the dating site in 2005. A divorced, female friend was having trouble meeting men while working long hours on her farm, and found suitors on other dating websites didn't have a clue about what her life was like. The little dating site that grew now has about 1.5 million members.

It's one of many niche dating sites that have popped up in North America in recent years. There are those for different religions and diets, widows and single parents, nudists and smokers. **THE CANADIAN PRESS**

PG&E pleads not guilty in fatal pipeline case

Maximum fine

\$6M

"We look forward to PG&E being fined the maximum amount allowed by law to send a message not only to that corporation but to the industry," San Bruno City Manager Connie Jackson said.

Pacific Gas & Electric Co. pleaded not guilty Monday to a dozen felony charges stemming from alleged safety violations in a deadly 2010 natural gas pipeline explosion that levelled a suburban neighbourhood in the San Francisco Bay Area.

As survivors of the blast looked on, attorneys for California's largest utility entered the plea in federal court in San Francisco to 12 felony violations of federal pipeline safety laws.

U.S. Magistrate Judge Joseph Spero noted the prosecutors' request to increase the maximum fine PG&E could face to more than \$6 million US, if the court decides the company somehow benefited financially or saved money as a result of criminal misconduct.

San Bruno city officials hailed the development as a positive step and said they believed company officials should be charged as well.

"We look forward to PG&E being fined the maximum amount allowed by law to send a message not only to that corporation but to the industry," San Bruno City Manager Connie Jackson said. "Individuals within the corporation certainly had responsibility for making deci-

sions ... that led to the disaster in San Bruno."

PG&E said in a statement the company is holding itself accountable and does not believe any employee intentionally violated federal regulations. No individual PG&E employees have been charged criminally. Prosecutors could file superseding indictments naming individuals if the investigation warrants.

vestigation warrants.

"We want all of our customers to know that we're working hard to build the safest and most reliable gas system in America," the company's statement said.

"The legal process will ensure that all of the facts related to this tragic event are fully reviewed."

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NOT ALL PASSIONS COME WITH A PAYCHEQUE

Confucius supposedly said that if you do what you love then you'll never work a day in your life.

This is a nice little idiom; however, there are very few people who manage to see it through. In fact, a 2013 employment poll by Gallup found that only 13 per cent of people are actively engaged at work and the vast majority of employees worldwide report an overall negative job experience.

Transforming a personal interest into a lucrative occupation that provides you with a sense of purpose and accomplishment is definitely possible. I love to write, and authoring my own newspaper column is a dream job for me but it still feels like a job sometimes — especially when I have a deadline looming.

Jobs come with a certain level of accountability and



SHE SAYS
Jessica Napier
metronews.ca

there are always going to be some mundane administrative tasks to do. We have reports to produce, bosses to answer to and targets to meet and it's unreasonable to assume that every single workday is going to feel like an incredibly gratifying experience.

It's also important to remember that without work, there would be no play. Leisure time is enjoyable because it is free of the responsibilities and expectations that come with a job. Taking something you love to do — whether it's taking photographs or baking pastries or playing the guitar — and turning it into a paycheck is going to change the way you experience that passion.

And yet, we are constantly told that our career decisions should reflect our personal interests. In a 2005 commencement address at Stanford University, Steve Jobs told

the graduating class, "The only way to do great work is to love what you do," and, "If you haven't found it yet, keep looking."

It's an inspiring thought, of course, but how many young people are out there desperately trying to find their life's purpose and coming up short? Not all of us possess a very specific burning desire to practise law or plan weddings or become a marine biologist. Telling someone that they must spend their life searching for their true calling is kind of like saying there is only one special soul-mate out there for each of us and if we can't find him or her then we have somehow failed. There are so many unexpected things that can happen in life to change who you are and what you want to do, why limit yourself to the pursuit of one single career destiny?

You might not always love what you do, but work is just one part of life and it doesn't have to define who you are.

Follow Jessica Napier on
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ZOOM

Science has brush with art



A woman views the painting *The Fighting Temeraire* by J.M.W. Turner at the National Maritime Museum in Greenwich, England. The exhibition opened on Nov. 22, 2013, and ended Monday. OLI SCARFF/GETTY IMAGES

Artists' canvases capture air pollution

A new scientific study shows that landscapes painted by the likes of J.M.W. Turner are the picture of pollution. The report, led by Andreas Kazantzidis from the University of Patras, Greece, revealed that artists' stunning sunsets became redder as air pollution increased. Kazantzidis and his team of scientists analyzed hundreds of artworks painted between 1500 and 2000 and found a correlation between events such as volcanic eruptions and the sky coloration on the canvases of some of the artists. **METRO**

Q&A

Study links volcanoes to art

Metro spoke with researcher Andreas Kazantzidis about the study.

Is it fair to say that many artists owe a lot to pollution?
Yes, for many of them it's true. The images would not be so romantic as we see them now.

Why are some of the sunsets and sunrises redder?
The basic idea is that we can scientifically demonstrate the

fact that the change of atmospheric constituents (aerosols) affects the colours depicted in the paintings. There are different colours in sunset and sunrise because there are different constituents in the atmosphere.

What part of the world did you look to?

Most of our research corresponds with the atmospheric conditions in Europe. In some paintings you see significant changes in the colours and this is connected to volcanic eruptions.

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In this issue, you can find AR enhancements on page 6 in News, page 17 in Scene, page 21 in Life, and page 22 in Sports.

MetroTube

Look, Mom, I'm flying through fireworks



ANDREW FIFIELD
metronews.ca

Ask me to name the thing I'd most like to be mass-produced to the point of affordability for humble folk: it's the remote control quadcopter. Think of it as a personal drone.

Not for nefarious purposes, of course. It's mostly because an earlier dream of owning an elite model airplane is sadly antiquated by now. However, this person's fabulous idea to send their DJI Phantom into a fireworks show makes a pretty good case, too. The song is *Arcade Fire's Sprawl II*, in case you're wondering. (Via Gasper C on Vimeo)



GETTY IMAGES

DVD review



Sorcerer

Director. William Friedkin

Stars. Roy Scheider

Almost as risky as Sorcerer's central plot of transporting nitroglycerine was the decision by William Friedkin to essentially remake Henri-Georges Clouzot's 1953 Cannes winner The Wages of Fear. How do you improve on a masterpiece? You can't, and Friedkin didn't, which explains why this 1977 thriller by The French Connection director was treated as an expensive indulgence back in the day. But time and critical reappraisals have been kinder, justifying Blu-ray ballyhoo. The canvas is broader but the main story remains: Four men with two trucks loaded with highly volatile nitro must travel hundreds of kilometres over rough South American terrain to blow up an oil well fire. The nitro's split between two trucks, because nobody believes both vehicles will make it. What the film lacks in novelty, it makes up in genuine suspense, aided by a nerve-jangling electronic soundtrack by Tangerine Dream.

PETER HOWELL

Finding the true Felix

Orphan Black. Metro sits down with actor Jordan Gavaris to discuss the evolution of his character on the show

LISA WEIDENFELD
Metro World News

Jordan Gavaris plays heroically helpful foster sibling Felix to main clone Sarah on Orphan Black. We talked to him about what's ahead for him in Season 2, airing Saturdays at 9 p.m. ET on Space, and whether Felix is finally getting fed up with Sarah taking him for granted.

The Season 2 poster seemed to imply that Felix and Alison will be getting closer this season. Would you say that's accurate?

Oh, you may be onto something. I think that poster is filled with Easter eggs. Felix and Alison do have a close relationship this season and I can't say as to whether or not it comes at the cost of Felix and Sarah's relationship, but I can tell you there's a real point of contention between Felix and Sarah that will come to a head and Felix will make a decision. I think he's been living life as an accessory to the Clone Club and it's time that he claimed a piece of his identity, because after all, that's thematically what the show's about. It's about identity. It's no surprise and it's not an accident that Felix loses a bit of his identity in the Clone Club.

What is it about Alison that draws him in? She's so different from him.

She's so different and yet she's



Jordan Gavaris plays Felix in Orphan Black. COURTESY SPACE

the same. In a different life, I would say that Felix could have easily been a suburban gay dad and I think that in a different life, Alison could have been some sort of superfluous, frivolous girl with her gay best friend. I think that they missed each other's archetype by just a hair. I think that's what's cool about the show and one of the recurrent themes is that it's not so much about "How are you different from me?", it's "How are we the same?" Felix and Alison for all intents and purposes, should hate each other, but they found a common thread.

Will we see Felix get a bit more of his own plotline this season?

It was something that I really pushed for and something (co-creators) John (Fawcett) and

Graeme (Manson) were really excited to do. I think first season he's so willing to submit, he just rolls into submission when it comes to being an asset to the Clone Club, being their only ally. But in reality, how long could a person realistically go living in fear without saying, "No" some of the time, or asking some questions or getting frustrated because they lost who they are? I think this season in particular it was just really important to me to capitalize on truth and honesty and humanity and say, well, yes, he's a great brother, but he's also human and he's going to say "No" sometimes, because Sarah's requests keep getting more outlandish and more dangerous.

Will Felix lose patience with Sarah's requests?

I think so. I think it may not play out the way the audience expects it will play out, but there will be some conversations between the two of them, some fraught conversations, and we get to see Felix as an entity outside of clone club.

What was your favourite scene to film this season?

There's a romantic connection that Felix has this season that is not just romantic, but an important connection for him as an individual, and I think it was probably one of my favourite things to do this season. It was also one of the scariest because in these particular moments he's very open and honest and real, and that was tough for me because Felix is a character that loves to wear masks.

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2 SCENE

Here we Chloe again, with a Jacked up 24

Broken trust. Mary Lou Rajs kub is a combative Chloe opposite Jack as 24 makes a comeback

24 star Mary Lynn Rajs kub says she had put the action-packed spy series well behind her when word came down that Jack was coming back.

"I honestly spent like two or three days in shock, like, 'What do you mean?' Just, like, walking about the house to my husband going, 'What? How is this really happening?'" Rajs kub said in a recent phone interview from Venice, where she was on a break from the London set.

"But then I had a long time to warm up to the idea and it was quite a while before they approached me in particular. So by the time they came to me with the offer I was just like, 'OK, I'm ready, I'm just waiting for you guys to call.'"

Four years after the addictive serial ended, the groundbreaking franchise is gearing up to unleash 12 new episodes



Mary Lynn Rajs kub and Kiefer Sutherland at a panel for 24: Live Another Day. RICHARD SHOTWELL/INVISION/THE ASSOCIATED PRESS

in the high-octane saga of counter-terrorism agent Jack Bauer, played by Kiefer Sutherland.

In 24: Live Another Day, Rajs kub returns as computer whiz Chloe, but after such a

long time away from the role she says it took her a while to get used to the idea of resetting the clock for yet another adventure.

"(After the finale) I spent the first year or two thinking

that the movie might happen and then after that it was like, 'OK, this is done, moving on,'" Rajs kub says.

"And I had started doing stand-up comedy and comedy again and I was just starting

Volatile reunion

"The stuff I was most nervous and most excited about is when Jack and I first encounter each other."

Mary Lou Rajs kub describes head-butting reunion of the characters she and Kiefer Sutherland reprise in 24: Live Another Day.

to go on the road doing my longer sets when I got the call about 24, which was kind of hilarious. It was, like, 'OK, I'll drop this comedy and let's go back to 24.'"

The new batch of episodes picks up several years after the events of the series finale back in 2010. Jack is on the run and Chloe is in a dark place emotionally, says Rajs kub.

"Her relationship with Jack is very bad, she doesn't like him very much, she doesn't agree with him and that was a cool thing for us to play because we don't see eye-to-eye and that was the first time I think Chloe's been confrontative with him and even more

so because she suffered a personal tragedy," she says.

"That's kind of put her into this tailspin ... and she became very anti-government because of that and she works for this company ... which is similar to a WikiLeaks-type situation. She's feeling bad."

According to Fox, the new shows retain the same fast-paced format with split screens and interweaving storylines fans are familiar with, with 12 hour-long episodes this time representing 24 hours.

Rajs kub describes the comeback as an "amped-up" version of the original.

"There's more explosions, more visuals, especially being in London ... and I think it's just everyone is paying careful attention to make sure that it lives up to it but still remains 24," she says. **THE CANADIAN PRESS**

Espionage saga returns

24: Live Another Day debuts May 5 on Global and Fox with two back-to-back episodes.

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Peaches Geldof ALL PHOTOS GETTY IMAGES

British celebrities gather at funeral for Peaches Geldof, laid to rest at age 25

On Monday, celebrities gathered for the funeral of the British model and TV personality Peaches Geldof, who died at age 25 earlier this month.

Model Kate Moss and former Rolling Stones bassist Bill Wyman were among those attending the private service at a village church in Kent, southern England.

Geldof married her second husband Tom Cohen at the

same church. It's also where her mother Paula Yates' funeral was held when she died of accidental drug overdose in 2000.

It is not yet known what caused the sudden death of Geldof, who was found at her home on April 7. Police say it was "non-suspicious and unexplained," and a toxicology report could take several weeks.

THE ASSOCIATED PRESS

Brand in deep GOOP due to grandiose owings?

It looks like Gwyneth Paltrow is having more than just marital problems. Her lifestyle empire GOOP appears to be in serious trouble, according to corporate filings obtained by Radar Online just days after the company's CEO, Sebastian Bishop, unexpectedly stepped down. While GOOP brought in plenty of money in 2012 — with total declared income of \$1.8 million — the company operated at a loss due to just as much in "administrative expenses," including salaries for Paltrow and Bishop total-



Gwyneth Paltrow

ing nearly \$600,000 each in addition to "loans to directors" — \$49,000 to Paltrow and \$84,000 to Bishop — that were never paid back. All told, GOOP ended 2012 operating at a loss of nearly \$40,000.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lohan reveals miscarriage and dishes on infamous list



THE WORD
Dorothy Robinson
scene@metronews.ca

Sunday night's episode of Lindsay, the Oprah Winfrey-produced reality show featuring America's favourite red-headed train wreck, Lindsay Lohan, was pretty dishy. Not only did Lohan drop the bombshell that she suffered through a miscarriage earlier in the season, but she claims her infamous "sex list" was stolen from rehab.

Regarding the miscarriage, Lohan was explaining why she missed days of filming her show, which was caught on camera: "No one knows this — I had a miscarriage for those weeks

that I took off," she claimed. "I couldn't move, I was sick ... Mentally, that messes with you." The father was not named.

She also opened up about her infamous sexual conquest list, confirming the list's authenticity and shedding light on its origins. "That was part of my Betty Ford (treatment) — it's step number five or step number eight, your sexual inventory. You write that for your sponsor. That was in my Betty Ford book," she said. "That's something I didn't show anyone aside from my sponsor, who's also a very well-known person." So how did the list make its way into the pages of tabloid In Touch? "When I was moving and I was at the Beverly Hills Hotel, there were two people there who helped me move," the troubled starlet says. "Someone took a photo (of my Betty Ford book) and I'm pretty sure I know who it is, and they're not part of my life anymore."



Demi Moore

Less is Moore for Demi as information of impending nuptials too much to take

Demi Moore is looking to be anywhere but Los Angeles for ex-husband Ashton Kutcher and Mila Kunis's big wedding, according to Star magazine. "Demi is tapped into Ashton and Mila's wedding planning and she's telling friends that she's going to get out of town during the time frame of when the wedding and pre-and post-wedding festivities will go down," a source says. "Demi knows she'll have to endure hearing about the affair — which Ashton is telling mutual friends will be huge and full of A-list Hollywood

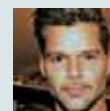
and tech friends — and seeing pictures. But the wound is still fresh from their divorce, and Demi doesn't want anything to trigger a relapse." So just what will Moore be doing instead? "When she gets word ... about the exact date, she's booking a trip to the yogic spiritual center of India, Rishikesh, where she'll submerge herself in days of waking at 4 a.m., chanting, meditation, yoga by the Ganges River, light eating of only meagre portions of vegan foods and dressing in saffron-coloured robes."

Twitter



@lenadunham

Well, 5:30 am, we meet again, despite the fact that I just keep talking s--- about you on the internet.



@ricky_martin

If u pay attention, you move ahead!



@kevin_nealon

If your wife lets you use her shampoo that means she's hiding the good stuff somewhere else.

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Feng shui your entire life

Don't be a selfish lover, let go of the past and have some smoked salmon for lunch. Whether you need to press the reset button or start from scratch, love, health and fitness experts have some reminders of how to live your life — better.

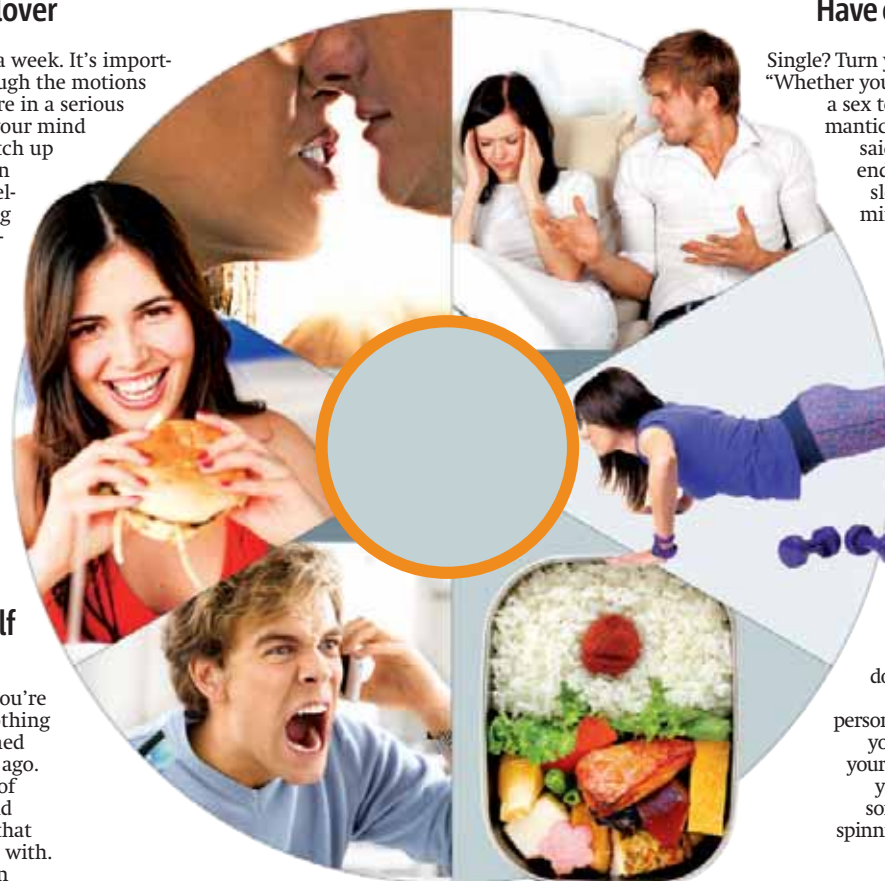
ROMINA MCGUINNESS Metro World News in London

Don't be a selfish lover

"Have sex at least once a week. It's important to put yourself through the motions — especially when you're in a serious relationship — even if your mind needs a little time to catch up with your body," says Ian Kerner, sexuality counselor and author of *The Big Fun Sexy Sex Book*. Masturbating to thoughts of your partner also helps to fuel long-lasting desire but indulge sparingly, he adds: "Orgasm is a powerful reward. If you get used to self-pleasuring and taking care of your own needs, you will slowly start to disconnect yourself from your partner and isolate your feelings."

Unshackle yourself from the past

Your life, the one that you're living right now, has nothing to do with what happened five years or two weeks ago. The past is a collection of thoughts that affects and influences us 24/7, but that we can't physically deal with. We're frustrated with an illusion, not a reality. So if a thought makes you unhappy, don't deny it; instead, try to fill your mind with something more positive, says Kerner. "Your happiness should never depend on someone else's unhappiness. So be accountable for your mistakes — being the victim is the easy way out," he adds.



Concentrate on living

Your actions and your thoughts have to be going in the same direction, says London-based life coach and well-being expert Master Simon Lau: "The body doesn't understand trends or desires — only your ego does. So when you're doing something, just concentrate on that, otherwise, your body is never going to enjoy whatever it is that you do. When you eat, concentrate on eating, when you work, concentrate on working," he recommends.

Have casual sex — but be selective

Single? Turn your room into a love nest, says Kerner. "Whether you splash out on some nice sheets or buy a sex toy or two, turn your bedroom into a romantic place you're happy having sex in. That said, too many people have casual sex and end up feeling yucky and ashamed so only sleep with someone you know you won't mind waking up with. You're less likely to regret it if you actually like the person and it might well turn into more..."

Social media is powerful — make the most of it

Book an appointment with yourself in the same way you would schedule a doctors appointment, recommends Charli Cohen, a luxury sportswear designer and personal trainer based in London. "If you make yourself accountable to yourself by sharing your plans on various social media platforms, you'll look a little silly if you bail and then someone asks you about that 'excruciating' spinning class you posted about," she explains.

Eat a cleverly packed lunch

"Prepare what food you can in advance so you can take it to work in a Tupperware. Just make sure you get some protein and fibre in there — you'll end up with a meal that's much better rounded than a bowl of pasta," says Cohen. If you're lacking inspiration or time, then go for no-nonsense options, such as cooked chicken, smoked salmon, avocados and vegetables that can be eaten raw such as pepper and cucumber, she suggests.

It's not hard to say goodbye to allergies

Spring brings different things to all of us. For some it's a time to finally get back to jogging outside, for others it's a time to clean the backyard and plant this year's garden. Whichever way we decide to enjoy the spring weather, we must also be prepared for the arrival of nasty allergies. Nasal congestion, runny noses, sneezing, itchy palates, and red, watery, itchy eyes can become a nightmare for many. If you suffer from seasonal allergies, don't dread the arrival of spring.

Follow these recommenda-

tions from the Canadian Health Food Association (CHFA) to help soothe the symptoms of your allergies and beat the sniffles and sneezes altogether:

Vitamin C

Vitamin C has been shown to reduce histamine levels. Made by the body, histamines are linked to allergy symptoms. Vitamin C has also been shown to help decrease the sensitivity of our respiratory tract to histamines.

Organic thyme

Thyme can help to naturally relieve congestion that often occurs during the onset of spring allergies. It also aids in fighting infections caused by phlegm. To experience its benefits, drink a tea made from fresh thyme twice a day or take a supplement that preserves the natural properties of the herb.

Organic Peppermint tea

Tea also helps to relieve congestion; this is because the essential oils of peppermint tea are a natural decongestant. By eliminating the mucus and buildup

in your respiratory tract, you also eliminate some of the allergens and irritants that may get caught there.

Honey

Honey's healing qualities make it a great natural treatment for soothing sore throats caused by allergies. It's also widely believed that eating honey produced by bees in your region can help relieve allergies. Bees transfer pollen from flower blossoms to honey, so if you eat honey produced in your region, you will become inoculated

against the irritating effects of the pollen in your area.

Organic Ginger

This is a natural pain killer and anti-inflammatory. It can also help soothe the irritation of the respiratory tract and is especially powerful when combined with honey.

Whatever natural alternatives you decided to try this spring, remember it's always best to consult your health care practitioner before making any significant changes to your supplement regimen. **NEWS CANADA**

Health Solutions

What's your culture?



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What kind of yogurt should I eat? Is it really that good for you? What does it do? Is one really better than the other? What is the difference? What is kefir? You know you've stood in the dairy aisle, freezing, and asking yourself these questions!

Yogurt and kefir are both milk products that can be made from the dairy of any animal. The differences are:

- The animal that the milk came from
- The type of bacteria used to ferment the milk
- What/how much sugar and flavouring were added

In general, your bowel benefits from a variety of good cultures, which means that adding both is most beneficial. And yes, it is really that good for you to have a plethora of them in your gut!

It's these good bacteria in your system that help break down food, convert nutrients into a usable form and carry those nutrients to the rest of your body. Many prefer organic yogurt as it comes from cows fed organic grains and raised on pasture, which may contribute to a higher nutrient profile of the milk.

Ideally, you want a yogurt that is as low in sugar and high in protein as possible.

Greek yogurt has been strained of more liquid to increase the thickness, calcium and protein, but if it is loaded up with sugar, gelatin and flavour, well, it isn't any better for you.

You know what? Let's make this even simpler. Eat yogurt, OK?

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Cluckin' good chicken strips

Homemade Chicken Strips with Yogurt Dip. You'll never go back to the fast-food version after you make these simple dippers

THERESA ALBERT

myfriendinfood.com

Most chicken strips on the market are made with more fat and salt than you would like. The crust usually consists of white flour and they're often deep-

FLASH FOOD



From your fridge to your table in 30 minutes or less

fried before they're frozen.

Sometimes they are whole pieces of chicken but often they are pressed, processed bits. You can do better and it won't take more than 10 minutes. If you make a double batch and freeze them, you are further ahead.

1. In bowl, toss together bread crumbs, cornmeal, paprika, celery salt, onion powder, garlic

Ingredients

- 1 cup whole grain bread crumbs (or 1/2 cup bread crumbs + 1/2 cup wheat germ)
- 1/4 cup cornmeal
- 1 tsp paprika
- 1/2 tsp celery salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp poultry seasoning
- 1/2 cup plain yogurt (not Greek)

- 1 tbsp liquid honey
- 2 tbsp water
- 4 boneless skinless chicken breast halves

Cucumber Dip

- 1 1/2 cups cucumber, grated
- 1 cup plain yogurt
- 1/2 tsp lemon, juice
- 1/2 tsp sea salt
- 1/2 tsp garlic, minced or dried



This recipe serves six. THERESA ALBERT

powder and poultry seasoning. In a separate plate mix together yogurt, honey and water.

2. Slice chicken breasts into thin strips.

3. Dip chicken into yogurt mix and dredge in bread crumb mixture. Lay in a single layer on cookie sheet and bake at 350 F 15-25 minutes (depending on thickness of strips). The cookie sheet can go directly into the freezer for storage. Once fro-

zen, remove strips to a freezer bag and bake directly from frozen: 325 F for 25 to 35 minutes.

4. Dip: While strips bake, grate cucumbers and remove all moisture (strain through cheese cloth). In small bowl, blend yogurt, lemon juice, salt and garlic. Stir in cucumbers.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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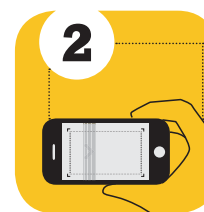
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Down but not out, Mikael Granlund of the Wild scores the winning goal past Avalanche goalie Semyon Varlamov and Erik Johnson on Monday in St. Paul, Minn. HANNAH FOSLIEN/GETTY IMAGES

Granlund helps Wild break through Avs

Colorado-Minnesota.

Lone goal scored in overtime to cut series deficit to 2-1

For three periods, Mikael Granlund and the Minnesota Wild were flinging puck after puck at Semyon Varlamov, who was busy playing the part of impenetrable force.

Finally, in overtime, such persistence produced a reward.

Granlund's diving goal 5:08 into overtime gave the Wild a 1-0 win over Varlamov and the

Game 3

1

Wild

0

Avalanche

Colorado Avalanche in Game 3 on Monday night to pull within 2-1 in the best-of-seven series.

Semyon Varlamov stopped 45 of 46 shots, a franchise playoff record for shots on goal by the Wild.

"It felt like we were taking it to 'em pretty good, so to not get frustrated at that point, not start to drift and get away from our game, that's what good teams do," a proud Wild coach Mike Yeo said.

Granlund, who had a career-high seven shots on goal, sliced toward the crease and moved parallel to the net with some slick stick work. Avalanche defenceman Erik Johnson, who saved Game 1 by racing to swat away a shot on an empty net, lost his balance and tried unsuccessfully to dive at Granlund, who then began to fall forward. Granlund extended

his stick to knock the puck in, and the celebration ensued.

"We were playing really good. We were creating chances. We got rewarded. We need to just keep playing like that," Granlund said.

Game 4 is at Xcel Energy Center on Thursday, when the Avalanche will be without defenceman Tyson Barrie. He took a knee-to-knee hit in the second period that yielded a penalty for Matt Cooke and a medial collateral ligament injury for Barrie. Coach Patrick Roy said he'll be need four to six weeks to recover.

THE ASSOCIATED PRESS

NBA playoffs

Grizzlies overcome Thunder for sizzling OT victory

Zach Randolph scored 25 points to help the Memphis Grizzlies defeat the Oklahoma City Thunder 111-105 in overtime on Monday night and tie their first-round playoff series at one game apiece.

Kevin Durant had 36 points and 11 rebounds for the Thunder, while Russell Westbrook scored 29 points. THE ASSOCIATED PRESS

NBA

Raging Bull Noah named top D-man

Chicago Bulls centre Joakim Noah was named the NBA Defensive Player of the Year on Monday in front of friends and family.

"This is very humbling to be in this situation right now," Noah said at a news conference where his family was in the front row.

Noah joins Michael Jordan in 1988 as the only Bulls players to win the award. THE ASSOCIATED PRESS



Scan this image with your Metro News app to view images of the most colourful moments of Joakim Noah's career.

THE CANADIAN PRESS

Crawford makes Blues see red in shutout



Blackhawks goalie Corey Crawford makes a glove save in front of the Blues' Steve Ott and teammate Johnny Oduya on Monday night in Chicago. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Corey Crawford made 34 saves in his third career post-season shutout, and the Chicago Blackhawks got back into their playoff series with the St. Louis Blues with a 2-0 victory in Game 3 on Monday night.

Jonathan Toews and Marcus Kruger scored as the defending Stanley Cup champions bounced back after a pair of overtime losses in St. Louis. Toews' 21st post-season goal was only the second score by a Blackhawks forward in the series.

Ryan Miller shook off another slow start and finished with 23 saves, but Toews' shot at 4:10 of the first went through the goaltender's legs and was costly.

It was quite a turnaround for Crawford, who was upset with his play after Saturday's 4-3 loss. Barret Jackman's winning goal in Game 2 went through Crawford, prompting the goaltender to say he had to play better for Chicago to win.

Game 4 is Wednesday night. THE ASSOCIATED PRESS

Pens sting Blue Jackets

Brandon Sutter, Lee Stempniak and Olli Maatta scored in a span of 2:13 of the third period to revive the Pittsburgh Penguins in a 4-3 victory over the Columbus Blue Jackets on Monday night.

- Pittsburgh took a 2-1 lead in the best-of-seven series thanks to the goals on three consecutive shots.

Horoscopes

Aries

March 21 - April 20

You will be somewhat impatient today, especially on the work front where you can't understand why some people are unable to keep up with you. Calm down and make allowances.

Taurus

April 21 - May 21

It would be nice if everyone shared your way of looking at the world but it won't happen, so don't try to persuade those who see things from a different angle.

Gemini

May 22 - June 21

Misunderstandings are likely over the next 24 hours, so make sure you spell out what you are trying to accomplish and make sure everyone is on the same wavelength, because if they are not the results could be chaotic and costly.

Cancer

June 22 - July 23

Today's powerful Mars-Jupiter link warns you must not say or do anything that might bring a profitable relationship to an end. Important people must be handled with care over the next 24 hours.

Leo

July 24 - Aug. 23

You can be a bit impetuous at times and the planets warn you must make sure you know what is going on before jumping head first into situation you know little about. Let others make the first moves.

Virgo

Aug. 24 - Sept. 23

It's not often a Virgo is easily parted from their cash but the current cosmic set-up warns that's a real possibility today. Don't let it happen.

Libra

Sept. 24 - Oct. 23

It's one thing to make bold decisions but it's another to make sure they are the right decisions. If you call it wrong the repercussions could be massive, so think deeply and act cautiously.

Scorpio

Oct. 24 - Nov. 22

Everyone takes a wrong turn now and again, so don't be surprised if the planets start nudging you in a new direction. There is an ideal path for you and you will be reminded where it is today.

Sagittarius

Nov. 23 - Dec. 21

There may be an element of risk in what you are planning but if you don't go ahead with it you will hate yourself for being so timid. Prepare and then jump right in!

Capricorn

Dec. 22 - Jan. 20

You may be entitled to get angry with someone who has let you down but is it worth the effort? Forgive and forget, not least because they will then be in your debt, and that could be useful.

Aquarius

Jan. 21 - Feb. 19

The planets indicate that your best course of action today is to take no action at all. With Mars and Jupiter battling it out, keep your head down and let others take the risks.

Pisces

Feb. 20 - March 20

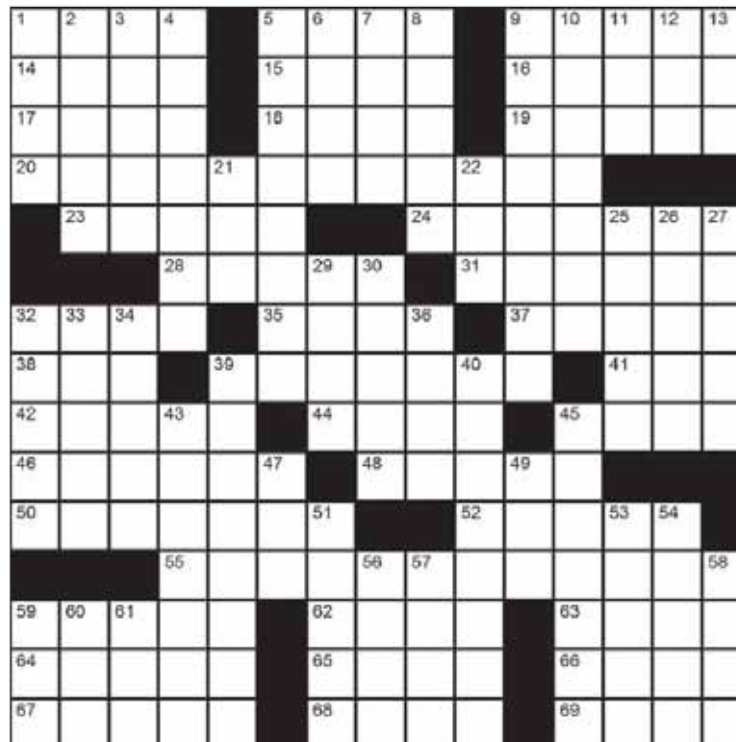
Other people do not have the right to dictate what you should do and how you should do it. If you are part of a team there must be equality — make sure they know that.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Rowed ride
5. "Yes, ___!"
9. Yellow: French
14. Ms. Kendrick
15. Moreover
16. AVOIR: I' ___
17. Jackie Wilson's "___ Petite"
18. Military maneuver
19. Mustard brand
20. Sci-fi attraction in Moonbeam, ON: 2 wds.
23. Ben Stiller's actress mom Anne
24. Sweetened
28. Grammy Awards org.
31. Book-marked page
32. Costa ___
35. Village dubbed 'A Little Bit of Holland in Saskatchewan'
37. '___ my Eggo!' (Kellogg's waffles slogan)
38. Green
39. Halifax Harbour part, ___ Basin
41. Swiss peak
42. "Ally McBeal" singer Ms. Shepard
44. ___ record (Feat in sports)
45. Chemical suffixes
46. Car part
48. Fasten a brooch again
50. What's-his-name
52. John Candy comedy, "___ Buck" (1989)
55. "Moments" Canadian country band: 2 wds.
59. Saskatchewan village since 1911
62. Born-in-Calgary American politician Ted
63. Above
64. Reality star Spencer



55. The Jetty ___
56. Are, no more
57. New employee
58. Author Mr. Bellow, born in Lachine, QC
59. Canada ___ (Some ginger ales)

Down

1. Chuck it up
2. "A Nightmare ___ Street" (1984)
3. Keep ___ on (Watch out for)
4. Regina-born star Ms. Maslany of "Orphan Black"

5. Cape Breton Island vacation destination, ___ River Valley
6. Worrisome word
7. ___ Minor
8. 'M' of M.O.
9. "Canadian Idol" judge: 2 wds.
10. Median

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

11. Dubai's locale [acronym]
12. Author, Anais ___
13. 'Host' suffix
21. US gun gr.
22. Cow's chew-ee
25. "The Exorcist" (1973) daughter
26. Don Henley or Glenn Frey
27. Loses hold
29. Elaborates
30. "60 Minutes" Toronto-born journalist, Morley ___
32. Dreams: French
33. Prefix to 'clast' (Image breaker)
34. Miami Sound Machine hit
36. Speck
39. Randy Bachman, to Burton Cummings
40. Long-locked lass of lore
43. Kitchen set
45. Hip-and-happening humans: 2 wds.
47. 'Computer' suffix (Techie jargon)
49. Non-affiliated politician [abbr.]
51. Marine menaces, seals would say
53. "What am I, chopped ___?"
54. All
56. Miss: Spanish [abbr.]
57. City of Finland
58. '70s hit: "___ Tu"
59. U.S. driver's speed
60. Verdi aria: "___ Tu"
61. Paddle

Yesterday's Crossword

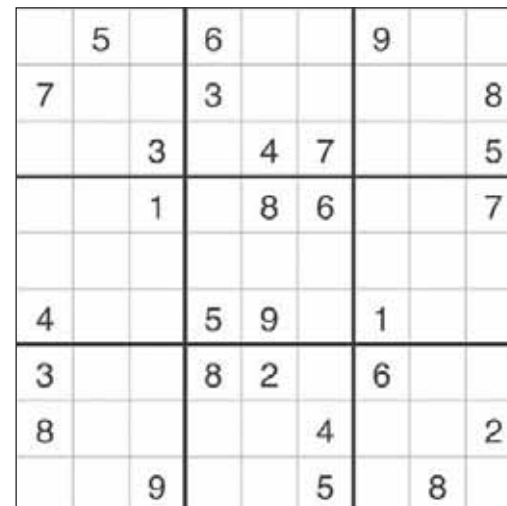


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 14°
MIN: 6°

WEDNESDAY



MAX: 6°
MIN: 5°

THURSDAY



MAX: 3°
MIN: -1°



MICHELE MCDUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS 5:30 AM**



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